

# NUTRITION

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## Adding Veggie Value to Your Meals

Eating five or more servings of colorful fruits and vegetables a day is part of an important plan for healthier living. That's because deeply hued fruits and vegetables provide the wide range of vitamins, minerals, fiber, and phytochemicals your body needs to maintain good health and energy levels, protect against the effects of aging, and reduce the risk of cancer and heart disease.

It's all about color blue/purple, green, white, yellow/orange and red and the power of colorful fruits and vegetables to promote good health. So when you're grocery shopping, planning your meals or dining out, think color.

Blue/purple fruits and vegetables contain varying amounts of health-promoting phytochemicals such as anthocyanins and phenolics, currently being studied for their antioxidant and anti-aging benefits. Get blue/purple every day with foods such as:

- Blackberries
- Blueberries
- Purple grapes
- Eggplants

Green fruits and vegetables contain varying amounts of potent phytochemicals such as lutein and indoles, which interest researchers because of their potential antioxidant, health-promoting benefits. Go green every day with fruits and vegetables like these:

- Avocados
- Kiwi Fruit
- Artichokes
- Arugula

White, tan, and brown fruits and vegetables contain varying amounts of phytochemicals of interest to scientists. These include allicin, found in the onion family. Get all the health benefits of white by including foods such as:

- Shallots
- Jerusalem Artichokes
- Kohlrabi
- Ginger

Orange and yellow fruits and vegetables contain varying amounts of antioxidants such as vitamin C as well as carotenoids and bioflavonoids, two classes of phytochemicals that scientists are studying for their health-promoting potential. Every day, include orange and yellow fruits and vegetables like these:

- Papayas
- Persimmons
- Butternut squash
- Cantaloupe

The specific phytochemicals in the red group being studied for their health-promoting properties include lycopene and anthocyanins. Get your reds every day by eating fruits and vegetables such as:

- Strawberries
- Radishes
- Radicchio
- Rhubarb

